MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 1, 2018/2019

PSE0025 – SOCIAL AND EMOTIONAL HEALTH

(All sections / Groups)

27 OCTOBER 2018
2.30 p.m.– 4.30 p.m.
(2 Hours)

INSTRUCTIONS TO STUDENT

1. This question paper consists of **ONE** page with **FIVE** Questions only.
2. Answer **ALL** questions.
3. Please write all your answers in the Answer Booklet provided.

ESSAY QUESTIONS [50 MARKS]

Instructions: Answer **ALL** questions. Write your answers in the Answer Booklet.

Question 1

Psychologists said that besides physical health topics such as drug avoidance, nutrition and exercise, there is a realisation that mental, social and emotional health which needs to be promoted. Social and emotional health are parts of a human's well-being and it affects one's relationship with family, coworkers and friends.
Discuss the definition of 'social health' and 'emotional health'.

(10 marks)

Question 2

Salmah refuses to socialize with her friends. She says that she needs no one in her life and she will be fine being alone. However, research has shown that social relationships are related to health.
Explain how is social relationship related to health in **THREE (3)** aspects.

(10 marks)

Question 3

Rita is one of the top students in the class. She performs well in her academic. However, most of her classmates dislike her. Comments for her include "She is hot-tempered and inconsiderate" and "She often throws tantrum and never cares about other people's feelings. It seems like Rita is having low level of emotional intelligence.
Referring to Daniel Goleman concept, explain the major parts in emotional intelligence which would help Rita in her social life.

(10 marks)

Question 4

Emotions have been in the spotlight of the popular press recently, so much so that emotional competence is touted as equally important as intellectual prowess. Emotional competence is central to children's abilities to interact with others and form healthy relationships. Explain the 'eight emotional competence skills' by Dr Saarni (1999) which would help young children to emotional healthy.

(10 marks)

Question 5

Taking care of your emotional health is as important as taking care of your physical body. If your emotional health is out of balance, you may experience high blood pressure, ulcers, chest pain, or a host of other physical symptoms. When you feel good about yourself, it's much easier to cope with life's little ups and downs as well as bigger events. Discuss **FIVE (5)** methods to improve emotional health.

(10 marks)

End of Paper